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ABSTRACT

This book offers a multicultural approach to physical education for students in grades 7-12. The approach is intended to increase the individual's feelings of self-worth and generate a shared sense of accomplishment among diverse students. The book offers a variety of innovative learning experiences aimed at fostering interpersonal relationships through physical activity. Contents are based on results from a 10-year curriculum development project involving metropolitan and urban high school students. Experienced physical educators field-tested the approach and assessed results. There are six chapters in three parts. Part 1, "Teaching Strategies," includes (1) "The Use of a Multicultural Approach" and (2) "The Use of a Simplified Lesson Format and Multicultural Outcomes." Part 2, "Games and Activities," includes (3) "Activities for Increased Individual Interaction" and (4) "Activities for Increased Group Interaction." Part 3, "Curriculum Expansion," includes (5) "Assessing Multicultural Outcomes" and (6) "Additional Curriculum Considerations." An activity finder identifies the name of the activity, the corresponding country, the multicultural outcome, and the page where the activity is located. (Contains 103 bibliographic references.) (SM)

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